

a few words out of a broken heart

Posted by 1200inbox - 30 May 2011 20:57

Hi everybody,

I'm brand new here so I'm not sure where to start and how to start. I'm not a writer at all so please forgive me if I don't express my self well.

I'm a yingerman over 30 with 5 kids but ever since my marriage I feel that I did not get marry to the women with the looks I really wanted I always felt (and still feel) that my parents married me to the girl that they wanted and did not find important that I should marry a pretty women to be 'matzel' me 'min hachat'.

Ever since my marriage since I started to feel out that good feeling of doing it, I started looking around how my chaverim have pretty women and they enjoy them selfs and how I can not satisfy me like they do so that caused me to start watching porn, going to night clubs, messages, even hooked up with some yidissha girls and women here and there (but didn't go too far with them) all of this is hidden from my wife or family she has no idea where my head or brain is although we don't have the best shulem bayis due to the reasons above but I managed to make the 'unshital' as a real 'upgehitana' yingerman.

But after all, I look at my self, and I'm very broken, every time I fall through I cry to hashem with real tears and with full regret and asking mechila for that bitter sin and then it happens again and again and again so I look at my self as such a fool that I don't believe in my self anymore.

One of my bitter challenges is to go on the street and not look on the women I'm not talking in Manhattan where the women are going almost naked I'm even talking about yiddisha tzniesgdiga women my eyes are falling out and I'm starting to get depressed why don't I have a pretty women where I should have this 'behater' why do I have to suffer this thru and that causes me to search for pretty women b'eiser.

But I tried so many times not to look or not to go on the websites or not to go into night clubs but when I get in that mood I just can't hold back my self and after that I become so depressed again and regretful and its a galgal hachoizer all across.

What can I do?????

I need help.....

I found that site by coincidence and I'm not sure if that is for me. Please guide me through.... where am i starting.....

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Re: a few words out of a broken heart

Posted by Serene smile - 02 Jun 2011 11:40

Amazing nevua! He's right! :-D

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Re: a few words out of a broken heart

Posted by ur-a-jew - 02 Jun 2011 14:36

1200Inbox (I'm sure there's a story behind that name) I just wanted to say welcome. I don't have much to add to the golden posts that preceded me and what I am about to say is not meant as a criticism I understand it completely and I only write it to make an observation (more for myself) as to how resistant to change we really are.

I just read through the entire thread for the first time this morning and I was struck by the fact that initially the problem was that you had a wife who was not pretty, when it was pointed out to you that having a pretty wife is by no means a solution to anything and certainly not this problem. Subconsciously you realized that the justification you've been falling on for so long won't work, so then the problem switched to I don't have an internet problem I have an "street" problem. Not pretty wives, the types of things we act out with are all symptoms of a larger problem and that problem is within ourselves it's not in our wives, on the woman walking down the street, in our jobs. I pray that I see the problems within myself and that you see any problems the you have within yourself.

Hatzlacha and keep the honest posts coming.

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Re: a few words out of a broken heart

Posted by ontheedgeman - 02 Jun 2011 14:37

Inbox, I can tell you that having a very attractive wife is also not the answer! In fact, it can make your problem MUCH MUCH worse. A person in such a marriage, with your issues, could end up acting out even worse. because he is attracted to his wife for her physical features and not for her inner kedusha, he can go around running from place to place looking for that "surface" connection and never achieve true joy and holiness. If i am too aroused by my wife, I turn her into the object of my passion, and she resents this tremendously and walks around the house

felling like a kadisha or worse. Anyhow good luck to you, it sounds like you are ready to learn.

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Re: a few words out of a broken heart
Posted by 1200inbox - 02 Jun 2011 19:33

Thanks again for all of my beloved friends for all your comments it means a lot to me.

'ben durdayah'

i was expecting everything here but to get messages from the 'world beyond' that i really didn't expect... Wow, what a holy place here on GYE.....

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Re: a few words out of a broken heart
Posted by ben durdayah - 02 Jun 2011 20:17

[1200inbox wrote on 02 Jun 2011 19:33:](#)

'ben durdayah'

i was expecting everything here but to get messages from the 'world beyond' that i really didn't expect... Wow, what a holy place here on GYE.....

Actually, in this case 'the world beyond' sent me an e-mail (Igroy Koidesh) with this message for you from someone who cares about your neshamah, but is no longer active on this site.

The 'oilem ha'elyoin' from which it was sent is otherwise known as "Bardsville"...

You can see some of this author's works on this thread: [Bardichev's Battle](#)

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Re: a few words out of a broken heart
Posted by Dov - 03 Jun 2011 04:27

Yup! Highly recommended thread for all yidden. Enjoy!!

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Re: a few words out of a broken heart
Posted by musicman - 03 Jun 2011 13:07

I think the only thing I can possibly add to this freight train of goodness and chizuk is that the source of the problem may not be your fault, and from what you're saying, it looks like there were quite a few environmental factors that contributed to your current situation. However, it still your own responsibility to fix it, That's the nature of nisyonos. It's not about how we got there, it's about how we plan on getting through and above it.

There are solutions to your problems, that's for certain. It's up to you to implement those solutions. and you've come to absolute best collection of solutions and friends on the whole Internet.

Also, make sure you send Guard a PM and get added to the married forum. You'll probably find some great chizuk on there more directly related to issues in your marriage (which there obviously are).

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Re: a few words out of a broken heart
Posted by alexeliezer - 03 Jun 2011 19:07

Reb Inbox, I just read through your entire thread for the first time today. Welcome to this wonderful family! I can sense that you are now at least pointed in the right direction. You have already been given much golden advice and I pretty much agree with everything that was said. So I'll just share a couple of thoughts which you might find helpful or at least comforting.

I was a lust addict for over 30 years. It started well before the internet was ever invented. I know what looking at tzniusdige women on the street can do to me. I can even just look at a woman's face to get my lust drug fix.

I have a wife that I am B"H attracted to but I will tell you that I work to keep her attractive to me by complimenting her on her looks frequently. I also keep myself attractive to her by keeping myself trim and muscular, which inspires her to take care of herself. It is a woman's *lifeblood* to hear compliments and praise from her husband. On trick I use: If I would like her to compliment me in some way, I figure she too would like to hear that, so I say it.

I also noticed that when i started practicing shmiras eynayim at all times, she became much more attractive. In fact the whole world became much more beautiful.

Something else I do if I'm thinking my wife isn't so attractive, I think about how other lustful men would view her. They would look for something to turn them on, and they would find it. I'll look at her from across the room and think: look at that sexy married girl, boy her husband must have a good time with her.

I also want to reiterate the importance of separating out your lust addiction and addressing it without strings attached.

Wishing you much hatzlocho.

Looking forward to following your progress here.

Gut Choidesh

Gut Shabbos

Alex

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Re: a few words out of a broken heart

Posted by ben durdayah - 06 Jun 2011 22:28

1200inbox

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Git Yontiff

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